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# 99 Tips To Get Better At Spearfishing Actionable I

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Get Better  
At  
Spearfishing  
Actionable I 2020-05-03

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**ELLEN  
NATHAN**

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*Runner's  
World How to  
Make Yourself  
Poop*  
Createspace  
Independent  
Publishing  
Platform  
Spearfishing is  
one of the  
most  
rewarding  
underwater  
sport activities  
today. Have  
you ever  
wanted to  
learn to  
spearfish but  
thought it  
might be too  
difficult? Does  
it seem like an  
overly  
complicated  
task, and not

worth the  
time? With  
this  
Spearfishing  
Manual you  
can learn  
everything  
you need to  
know about  
this exciting  
sport, from  
how to get  
started, to  
what kind of  
gear to buy, to  
where to hunt,  
in less than a  
week. It can  
be difficult to  
learn a new  
sport,  
especially one  
that seems as  
complicated  
as  
spearfishing;  
however, in  
just few days,  
you will be  
able to pick  
out the right  
spearfishing

gear and  
begin your  
adventure  
with the right  
spearfishing  
techniques.  
Why is this  
The Best Book  
on  
Spearfishing?  
\* While this  
book is  
designed  
primarily for  
beginners,  
there are also  
plenty of tips  
that can help  
even the most  
experienced  
spearfishing  
expert \* Great  
for if you just  
want a  
refresher on  
safety  
strategies or  
truly want to  
start with the  
basics \*  
Packaged in  
an easy read \*

With only the most relevant and up-to-date information. If you love fish, but find fishing from a boat to be extremely boring and tedious, this is an excellent replacement. By combining the fun of snorkeling or scuba diving with the sport of fishing, you will be able to both experience the beauty of the ocean and use your new skill to catch fish. As you swim along beneath the surface, you can observe

the beautiful coral and watch the colorful fish swim by while you wait for your target. In this book, you will learn: \* How to spearfish! \* The safest way to go about it. \* What kind of spearguns to buy, from the right brand to the right size for your hunting needs! \* What kinds of masks, snorkels, and fins you should buy? \* What are Good places to go spearfishing? \* and much

more... You will read about what is the proper preparation for spearfishing, and how deep your freediving will have to be in order to find your fish. In addition, this book contains all the information about how to actually spearfish, from the moment you get in the water, to spearing your first fish, to how to collect and preserve your kill. Whether you are looking to learn this

exciting sport or want the best information about what kinds of spearfishing equipment to buy, look no further than this book. Grab your copy now to get started on your spearfishing adventure! Don't forget to claim a FREE Kindle version with your purchase of Paperback! Check Out What Others Are Saying... "This authoritative book deserves more than the 5 star maximum that

Amazon allows. Mike McGuire has been spear fishing all his life and has shared his experience with us to create a manual of great use to people who are taking up this sport, but also to people like me who have never speared a fish, but are passionately interested in diving and in fish. This book emphasizes safety, and I would urge any prospective spear fisher to read and carefully

follow Mike's advice on safety. Mike covers fitness in great detail, including useful exercises to improve your fitness. He also gives his ideas about equipment. As Mike says, spear fishing has been done for thousands of years. At first this would have been a way of getting food, but as with many human activities it has developed into a sport. The book caused me to consider who the first spear fishers were.

Although I referred to spear fishing as a human activity, the first spear fishers were almost certainly not human. Bonobos, a type of ape, will catch fish with their hands and have been observed to make and use very primitive spears. The first spear fishers were almost certainly an earlier near human creature." - Steve Challis (Australia) *Spearfishing Manual* Anchor

Covers such topics as managing, printing, and publishing images on the Web; lighting problem shadows; taking extreme close-ups; correcting the color and brightness of images; and sharpening the focus. Last of the Blue Water Hunters Random House Puzzles & Games From one of the leading Fortnite gamers in the world comes your game plan for outclassing

the rest at playing video games. "Get the right gear, practice the right way, and get into the right headspace and you too can Get Good."—Time Packed with illustrations, photographs, anecdotes, and insider tips, this complete compendium includes everything Tyler "Ninja" Blevins wishes he knew before he got serious about gaming. Here's how to:

- Build a gaming PC • Practice with

purpose •  
 Develop  
 strategy •  
 Improve your  
 game sense •  
 Pull together  
 the right team  
 • Stream with  
 skill • Form a  
 community  
 online • And  
 much more  
 Video games  
 come and go,  
 but Ninja's  
 lessons are  
 timeless. Pay  
 attention to  
 them and  
 you'll find that  
 you're never  
 really starting  
 over when the  
 next big game  
 launches. Who  
 knows—you  
 may even  
 beat him one  
 day. As he  
 says, that's up  
 to you. Praise  
 for Ninja: Get

Good “If  
 you’re a  
 casual gamer  
 looking to  
 refine your  
 gaming skills  
 or equipment,  
 or someone  
 considering  
 getting into  
 esports, then  
 livestreamer  
 and gaming  
 guru Tyler  
 ‘Ninja’ Blevins’  
 book could be  
 the perfect  
 guide.”—Los  
 Angeles Times  
 “It’s perfect  
 for young kids  
 just getting  
 into gaming  
 after watching  
 streamers,  
 like Ninja, and  
 their parents  
 who may not  
 know much  
 about gaming  
 and streaming  
 . . . It’s an all-

in-one  
 checklist of  
 everything  
 you need to  
 start up on a  
 streaming life.  
 This book  
 breaks down  
 complex and  
 sometimes  
 obscure  
 concepts in  
 gaming that  
 many non-  
 gamer parents  
 may not know  
 about or the  
 kids know  
 about  
 instinctually  
 but can't put  
 into  
 words.”—Gam  
 eCrate  
*Bird by Bird*  
 National  
 Geographic  
 Books  
 Overcome  
 negative  
 thought  
 patterns,

reduce stress, and live a worry-free life. Overthinking is the biggest cause of unhappiness. Don't get stuck in a never-ending thought loop. Stay present and keep your mind off things that don't matter, and never will. Break free of your self-imposed mental prison. Stop Overthinking is a book that understands where you've been through, the exhausting situation you've put yourself into,

and how you lose your mind in the trap of anxiety and stress. Acclaimed author Nick Trenton will walk you through the obstacles with detailed and proven techniques to help you rewire your brain, control your thoughts, and change your mental habits. What's more, the book will provide you scientific approaches to completely change the way you think and feel about yourself by ending the

vicious thought patterns. Stop agonizing over the past and trying to predict the future. Nick Trenton grew up in rural Illinois and is quite literally a farm boy. His best friend growing up was his trusty companion Leonard the dachshund. RIP Leonard. Eventually, he made it off the farm and obtained a BS in Economics, followed by an MA in Behavioral Psychology. Powerful ways to stop ruminating

and dwelling on negative thoughts. - How to be aware of your negative spiral triggers - Identify and recognize your inner anxieties -How to keep the focus on relaxation and action -Proven methods to overcome stress attacks -Learn to declutter your mind and find focus Unleash your unlimited potential and start living. *Fluent in 3 Months* Rotary International Have you ever thought about what you should perceive

before receiving the ball? And what is the first thing to attend after receiving it? Have you ever noticed how intelligent players defend inside the circle? And how do they use their body to protect the ball? Have you ever felt that intelligent players are ahead of the action? Inside these pages you will find "tips" about tactical principles but also about skill acquisition. You will find tips about

mental strength but also about social intelligence. There are tips about how to optimize your perception but also about how to make right decisions. The aim of this book is to provide 50 concrete and useful tips about things that most intelligent players do. The text is written by a coach but is directly addressed to you, players: the real protagonists of this game. *100 Things*



*Every Designer Needs to Know About People* Rotary International Tap into the wisdom of experts to learn what every programmer should know, no matter what language you use. With the 97 short and extremely useful tips for programmers in this book, you'll expand your skills by adopting new approaches to old problems, learning appropriate best practices, and honing your craft through sound

advice. With contributions from some of the most experienced and respected practitioners in the industry--including Michael Feathers, Pete Goodliffe, Diomidis Spinellis, Cay Horstmann, Verity Stob, and many more--this book contains practical knowledge and principles that you can apply to all kinds of projects. A few of the 97 things you should know: "Code in the Language of

the Domain" by Dan North "Write Tests for People" by Gerard Meszaros "Convenience Is Not an -ility" by Gregor Hohpe "Know Your IDE" by Heinz Kabutz "A Message to the Future" by Linda Rising "The Boy Scout Rule" by Robert C. Martin (Uncle Bob) "Beware the Share" by Udi Dahan **Catching the Spear-It!** Free Spirit Publishing What's in the aisles of your favorite dollar store and how can you use them in

multiple ways? 99 Cent Solutions contains 1465 smart and frugal uses for everyday items that save you time and money. 99 Cent Solutions helps you save money, time and aggravation with 1465 ways to use common, everyday items found at the dollar store, grocery store or hardware store! Save money on groceries, health and beauty, cleaning supplies,

housewares, tools and more. Did you know you can... -Use bubble wrap to protect freshly planted trees? -Use ketchup to make copper glow? - Use a bandage to in place of a thimble? -Use a bungee cord as a yoga strap? -Use a party balloon as an ice pack? -Use baking soda between paving stones to keep weeds away? Chapters: - Groceries - Healthy & Beauty - Outdoor

Spaces - Cleaning & Home Supplies - Housewares - Notions - School & Party Supplies - Tools  
Nice Girls Just Don't Get It  
 Rotary International Tells how to encourage creative thinking, suggests warmup exercises, and describes techniques used by successful companies to generate useful ideas  
**Always Wear Pants** Rodale Books  
 Benny Lewis, who speaks

over ten languages—all self-taught—runs the largest language-learning blog in the world, *Fluent In 3 Months*. Lewis is a full-time "language hacker," someone who devotes all of his time to finding better, faster, and more efficient ways to learn languages. *Fluent in 3 Months: How Anyone at Any Age Can Learn to Speak Any Language from Anywhere in the World* is a new blueprint for fast

language learning. Lewis argues that you don't need a great memory or "the language gene" to learn a language quickly, and debunks a number of long-held beliefs, such as adults not being as good of language learners as children. *The Rotarian: December 2016* Amacom Books Funny because it's true. From the creator of the viral sensation "10 Tricks to Appear Smart in Meetings" comes the

must-have book you never knew you needed, *100 Tricks to Appear Smart in Meetings*. In it, you will learn how to appear smart in less than half the time it takes to actually learn anything. You know those subtle tricks your coworkers are all guilty of? The constant nodding, pretend concentration, useless rhetorical questions? These tricks make them seem like they know what they're doing

when in fact they have no clue. This behavior is so ingrained, so subtle, and so often mistaken for true intelligence that identifying it, calling it out, or compiling it into an exhaustive digest has never been attempted. Until now. Complete with illustrated tips, examples, and scenarios, 100 Tricks gives you actionable ways to use words like “actionable,” in order to sound smart.

Every type of meeting is covered, from general meetings where you stopped paying attention almost immediately, to one-on-one meetings you zoned out on, to impromptu meetings you were painfully subjected to at the last minute. It’s all here. Open this book to any page and find an easy-to-digest trick with an even easier-to-digest illustration, guiding you on: how to nail the big

meeting by pacing and nodding most effective ways to listen to your coworkers while still completely ignoring them the key to making your presentations “interactive.” If you hadn’t noticed these behaviors before, you will see them now—from your colleagues, your managers, and soon yourself. Each trick is a mirror to the reality of what happens in meetings, told in the form of

hilariously bad advice—advice that you might just want to take. But probably not. But maybe.

**99 Lessons Learned from Disney to Improve the Patient Experience**

St. Martin's Griffin  
99 Tips to Get Better at Spearfishing is the ultimate spearfishing book Sourced from 3 years interviewing the worlds best spearos. This guide has one goal, to make you a better a spearo Fully Illustrated

with love by some of the worlds best spearfishing photographers as well as submission from the Noob Spearo community 99 Tips is jammed packed with tips, tricks and advice from spearfishing legends like Chris Coates (South Africa), Jim Russell (California), Darren Shields (New Zealand) and many more. This book will teach you something and improve your spearfishing. To bring it all

together we recruited the talented Skye Bailey. The Graphic designer behind Spearing Magazine and it looks amazing to say the least. This book was 300% funded on Kickstarter and our earliest unillustrated ebook edition of 99 Tips to Get Better at Spearfishing still rates as one of the most popular spearfishing books on Amazon. Reader Reviews"(99 Tips is) a really good

collection of tips for spearfishing. The book is well written and the authors have a good sense of humour that makes it an easy read. I am new to spearfishing and this book has a lot of information that will help me improve. I have also been working my way through the noobspearo podcast that the authors run, and although it is not necessary to understand the book, I would recommend

readers also listen to the podcasts; mainly because they are good both in an informative and entertaining manner. On the podcasts they interview renowned spearfishers and a lot of the tips are direct from their mouths. A lot of the tips are covered in the podcasts but the reason I like this book is it is a concise collection of the best tips from over 40 hours of interviews and

triggers my memory of the more in depth discussion on the podcast. Also having the points itemised helps me to pick one or two points I want to work on when I go for a dive rather than trying to work on 10 things at once. Strongly recommend for all spearfishing enthusiasts particularly for those that are newer to the sport." - NJ McKeon " I was featured in a book, therefore I might be biased, but

here is my opinion. The book is a very fine guide to broaden your spearfishing perspective. If you did your research then you know that there is an abundance of other pieces on spearfishing which go into nonsense like 'this is a gun. The gun has a shaft. The shaft flies towards the fish. The fish tries to get away. But here we have something very different. I think the goal of '99 Tips to Get Better At

Spearfishing' is to bring to your attention the 'down to earth' knowledge and ideas about spearfishing. Meaningful stuff, something that always affected your dives but you hadn't been paying attention to it up until now. Furthermore, the book defines an interesting 'aura' for your further readings/research. Although the book is aimed at features a wide perspective on

spearfishing, it has an inclination towards the ocean hunting. Which, in some cases, might not directly attribute to your (fresh water spearfishing routine) but will give you an insight on what to do in your 'ocean days'. Overall a very interesting read, which could greatly improve your underwater performance." - Anvar Mufazalov " After getting into the Noob Spearo

Podcast I bought the 99 Actionable Tips book and have been down here in the sea of Cortez doing some hunting. My bottom times have been way up and I shot my first Pargo! Thanks for the awesome tips and support from down under!!" - Pete Denton Join the free Noob Spearo spearfishing community at noobspearo.com Find Spearfishing 'How To' articles, blogs and podcasts Connect with us on

Social. Instagram - Facebook - YouTube @noobspearo Thank for your interest in our book! We would love it if you leave an honest review after purchasing: ) [The Rotarian: May 2017](#) Rotary International This is the most complete catalogue of cutting-edge negotiating tactics ever published. This blockbuster work is written as a playbook, a field guide, so lawyers, sales

professionals and other dealmakers will actively use it as negotiations proceed. Use the tactics individually or in combinations. Swap them in and out as negotiations proceed for maximum effectiveness, to keep your adversary off balance, to calm them, or to close the deal. Negotiations are fluid and the mood can change. Sticking to a single approach can lead to deal failure. Rosen



says a superior negotiator always adjusts as a deal progresses, just as a winning coach makes in-game adjustments. There is no filler here. There are no war stories. This is not a biography of David Rosen's career. It is exactly what the title says - an easy-to-use directory of powerful negotiating tactics. Each technique is succinctly explained, many with useful examples. The

descriptions range in length from a single paragraph to a few pages. While there are many very sophisticated principles at work in Rosen's catalogue of techniques, each is simply explained. This is not an academic work. It is a tool, a device, just like a notepad, a pen or a calculator, for dealmaking pros to reference constantly. Rosen gets high marks for his opening discussion of

ethics. The tactics he compiled here are extremely powerful, and readers should use caution in deciding how to apply them. Some incorporate powerful psychological principles and are proven to work based on decades of heavy academic research. To quote Rosen from the book's Authors Note, "Some negotiators may find ideas in this book too aggressive, but that is a matter of

perspective. It is not a matter of right versus wrong, or ethical versus unethical. One may be a principled and hardcore competitive negotiator or an unprincipled, unethical collaborative negotiator. So a given negotiator's description of a tactic as too "aggressive" is really nothing more than his or her marking of the spot on the style continuum beyond which he or she no longer feels comfortable.

Another negotiator might feel discomfort far short of that first negotiator's comfort spectrum. Others still may feel no discomfort even at the extremes." Who will benefit from this collection of advanced strategies? Lawyers, negotiators, sales organizations and sales professionals, business owners, mediators, and anyone involved in negotiating, dealmaking,

selling, cold-calling, following up and closing deals. What will you learn? A small sample of the dozens of tactics: motivating others to buy, sell or reach other agreement; overcoming objections; creating or deflating a sense of urgency; helping opposing negotiators sell your deal to their own clients; overwhelming the opposition; and strategic uses of silence

and indecision. But Rosen takes you far beyond that, and far beyond the other, generic books on the market. He introduces you to deeply-researched psychological principles, such as Prospect Theory, Coase Theorem, Asch Conformity principles and concepts like reciprocity, scarcity and consistency. Each is simply explained in a way that teaches you how to use them to

achieve superior outcomes. Other books on negotiating don't even address these critical topics. Rosen explains them and shows you how they work. Buy this guide, study it, and keep it with you. There are so many potent and compelling techniques that you'll never remember them all. One thing's for sure, however. Once you become familiar with Rosen's easy-to-understand

strategies, you'll never negotiate without this book again.

**Reader's Digest 99 Cent Solutions**

Grand Central Publishing  
Managing Diversity is the most complete and comprehensive textbook for gaining knowledge of people from every major ethnic and lifestyle group in the U.S. workplace. It is the only one that covers all this as well as the basic diversity concepts, such as

culture, cultural differences, stereotyping, prejudice, and discrimination, and managing the diversity function within an organization. The basic philosophy encompasses "unity in diversity," "inclusiveness and valuing diversity," "what's it like to be you?" and "evaluate substance over style." Students get a package that includes textbook, Business Students Guide, and Library

Learning Link. Faculty also get a comprehensive Instructors Manual and PowerPoint slides. From the Preface : How This Book Can Change Your Life This book can do more for you than just provide information about changes in the multicultural workplace. It provides tools for you to change your life-if you to choose to raise your awareness, change limiting beliefs, and adopt new

success strategies. Transformation, or lasting change, can only take place at the level of belief, so this book is designed to help you open up your worldview-and therefore transform it. Such transformation will open up richer relationships with people who hold quite different worldviews. Is This Book For You? This book is for you if you see yourself as a workplace leader-now or in the future-

whether you take a leadership role as the new member of a work team, the head of an organization, or somewhere in between. This book is for you if you're ready to develop the people power and people skills you need for managing diversity. In this book you'll get the information you need to make informed choices-as well as the processes for broadening your viewpoints

and integrating new success skills into your daily interactions.  
99 Ways to Increase Your Income  
Independently Published  
How Do I Promote My Music On A Small Budget?  
How Do I Get My YouTube Videos to Spread? How Do I Turn Casual Fans Into One's Who Buy From Me? How Do I Get Written About On Blogs? How Do I Increase Turnout At Shows? How Do I Make Fans Using

Facebook, Twitter, Tumblr And SoundCloud? With every day that passes, the power the major labels once had dies a little more. The chance to get the same exposure as your favorite musicians gets easier and easier. The hurdles that would only allow you to get popular, if the right people said your music was good enough, are gone. You can now get exposed to thousands of potential fans

without investing 1% of what musicians used to by building a fanbase based on listeners love for your music. No more writing letters hoping that A&R writes you back. This book explains how you do it. While many books will tell you obvious information, legal mumbo-jumbo and marketing catchphrases that don't help you get more fans. Our experience working with real bands - from upstarts

like Man Overboard and Transit to legends like The Cure, The Misfits and Animal Collective, has led us to understand the insider tricks and ideas that go into some of the most important groups of our time. We produce records, do licensing deals, negotiate record contracts and get the musicians we work with written about on websites like Pitchfork and Vice. We

have worked with bands who started off as nothing and became something. Unlike any other book written on the subject we have compiled the knowledge no one else has been willing to print in fear of obsoleting their own career. We give you thousands of ideas on how to get people to hear your music and turn them into fans who pay to support your music. Whether you are a label owner,

musician, manager, booking agent or publicist there is information in this book that will help you do what you do better. Enjoy! For more information see [GetMoreFansBook.com](http://GetMoreFansBook.com) [The 99 Critical Shots in Pool](#) PKCS Media The research is clear: online learning works best when faculty build regular, positive, and interactive relationships with students. A strategy that helps forge such a

relationship is the use of videos. Student satisfaction and course engagement levels also increase with the use of instructor-generated videos – the subject of this book. Beginning by outlining the different types of videos you can create, and what the research says about their effectiveness, Karen Costa explains how they can be designed to reinforce learning, to align with and promote

course outcomes, and to save you time across your courses. She then describes how to create successful videos with commonly available technologies such as your smartphone, and without a major investment of time, demonstrating the simple steps she took to develop her bank of videos and build her confidence to deliver short, straightforward learning aids that are effective and personal. Emb

edded QR codes in the text enable you to view sample videos and screencasts that bring the book's advice to life as you read. If you've been wanting to include videos in your teaching but haven't found the time or confidence, this book will help you to develop a simple and sustainable video development process, supporting both your success and the success of your students. Learn to Turn,

3rd Edition Revised & Expanded Harvard University Press  
 99 Lessons Learned From Disney to Improve the Patient Experience, is a wonderful resource for any health care organization that desires to improve the patient experience. Jake has truly captured the essence of Disney's principles for creating loyalty-driving experiences. And more importantly, he has

thoughtfully and artfully applied these principles to the world of health care. For 15+ years, Jake and his team at ILS have been helping health care organizations successfully apply the lessons contained in this book. The lessons are field-tested and they work. *Should I Scoop Out My Bagel?* Skyhorse  
 Offering the same brand of practical, no-holds-barred, expert advice that made Nice Girls



Don't Get the Corner Office an international million-copy bestseller, Nice Girls Just Don't Get It teaches us the skills we need to turn from a nice girl into a winning woman, not just in our careers but in our relationships, families, and everyday lives. Have you ever felt invisible? Taken advantage of? Reluctant (or unable) to articulate what you really want? If so, join the club. The nice

girls club. Nice girls—that's right, girls—are those more concerned with pleasing others than with addressing their own needs and haven't yet learned how to overcome the childhood messages cultural stereotypes keeping them from getting their voices heard, their needs met, and the lives they want. This book will turn those nice girls into winning women. That is, women

who factor their own needs in with those of others, confront those who treat them disrespectfully, maintain healthy and mutually beneficial relationships with appropriate boundaries—and as a result, are happier and more successful in every area of their life. In 2004, Lois Frankel blew the lid off so many of our long-held ideas about gender and success with

her bestselling Nice Girls Don't Get the Corner Office, which went on to become such a huge phenomenon, the term "nice girls" has secured a place in our cultural lexicon. Here, Frankel teams up with negotiation expert Carol Frohlinger to bring this bestselling advice out of the workplace and provide a broader set of skills that any woman—whether a CEO or stay-at-home mom—can use to win anywhere,

with anyone. Presented in the straightforward, digestible format that helped make Nice Girl's Don't Get the Corner Office an instant hit, Frankel and Frohlinger outline seven practical strategies and 99 supporting tactics that every winning woman should know. By the time you've finished reading this book, you'll be able to: • Get your husband to do his half of the household chores—without being made

to feel like a nag. • Stop overextending yourself by taking on all the unpleasant tasks no one on your volunteer board, or your team at work will go near. • Win an argument with your mother in law about who will be hosting Christmas dinner. • Have the courage to send back a meal that isn't prepared the way you'd ordered it. • Confront a colleague who is shirking responsibility or taking credit for your

work. •  
Convince a sales person to reduce a fee, waive a surcharge, or honor a store credit. •  
Question a doctor's course or treatment or request a second opinion, instead of simply going along in order to be a "good" patient. •  
Firmly but politely bow out of an extravagant vacation to celebrate a friend's birthday that you simply can't afford—without feeling guilty

about it. And so much more. A must-read for anyone who's ever felt taken advantage of by a friend or family member, unappreciated by a spouse or partner, or exploited by a vindictive neighbor or co-worker, *Nice Girls Just Don't Get It* offers women the indispensable knowledge and skills to get the things they want, the respect they've earned, and the success they deserve. From the

Hardcover edition.  
**Hockey**  
Mandala Tree Press  
World Champion Pool Player Ray "Cool Cat" Martin shares his secrets for playing winner's pool in this classic book, which includes an introduction by the author. Written with co-author Rosser Reeves, *The 99 Critical Shots in Pool* remains one of the most authoritative guides to the game ever written. Over 200 illustrations

show the proper form, technique, and approach to shots such as:

- The Center Ball
- Cheat-the-Pocket
- The Hook Shot
- The Seven Ball
- Stop Shot
- The Jump Shot
- The Frozen Kiss Shot
- The Nudge Shot
- The Side Pocket
- By-Pass Shot

Ray Martin, a Billiards Congress of America Hall of Fame inductee, is one of only seven players in the twentieth century to win three or more world 14.1

titles. He co-wrote this book with Rosser Reeves in 1976. *99% Inspiration* by Simon and Schuster. Every runner knows how important it is to prevent an unfortunate bathroom accident midrun. This book can show you how. For any runner who wants a quick, easy reference guide to every running issue under the sun, look no further. With tips on training, nutrition, gear,

motivation, health, and racing, *Runner's World How to Make Yourself Poop* is essential reading for runners who want to improve their performance. From "The Best Way to Tie Your Shoes" to "9 Tactics for Busting Out of a Running Rut" and everything in between, these short, easy-to-use tips from reliable experts are the perfect gift for any runner in your life.

Get Organized Without Losing It  
O'Reilly Media  
Want to conquer your e-mail inbox once and for all? Need help getting organized and staying focused? Start reading! Millions of people already benefit from the innovative, time-saving tips that Stever Robbins dispenses each week in his #1 ranked Get-It-Done Guy podcast. Now he's come up with a 9-step plan

to transform even the most overwhelmed into an overachiever. You will learn to: Beat procrastination by speed dating your tasks: You'll face anything if it's just for three minutes; schedule small, finite periods of time for those tasks that seem too overwhelming to get started on. Give your technology a performance review: Our smart phones, PDAs, and computers often make less work in one area while

making much more work in others. Review your technology to make sure it's delivering on its promise. Cut out the small talk: Small talk builds superficial relationships, which is a grand waste of time. Ask better questions to make instant connections that'll benefit you for years to come. Written in the uniquely humorous style Stever is known for, Get-It-Done Guy's 9 Steps to Work Less

and Do More  
will help you  
break the bad  
habits slowing

you down and  
holding you  
back. Work

less and do  
more—your  
free time is  
waiting!